

PUBLIC PROMTPRESS REPORT

Channel audit

neSuperZav



@nesuperzav

For ads and collabs: @truemaxevans My services: https://www.superzav.com/product-category/online_plan/

SUBSCRIBERS

38 130

+351 per month

ERR (% SEE POSTS)

25.0%

daily 17.4%

REACH/POST

9.4K

ad reach 6.6K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

Each card is a separate channel health indicator. The subtitle under the number shows the period it covers.

 SUBSCRIBERS 38 130 —	 SUBSCRIBER REACH 24.55% avg % subs see post	 VIEWS/POST 9.4K median 9.7K · 29 days	 POSTS/WEEK 30.1 over period
 7D TREND -10.5% vs previous week	 REACTIONS/POST 231.8 29,436 reactions, 1,081 reposts, 803 comments	 POST LENGTH 215 chars median 116 · 29 days	 POSTS ANALYZED 127 29 days
 AD REACH 6.6K 24h avg	 CHURN / MONTH +351 last month	 CITATION RATE 3 citation index · 20 channels mentioned all time	 CHANNEL AGE 2 years 7 months created 25.11.2023

AI EDITOR SUMMARY

Channel "notSuperBreakfast" — 38 130 subs. Each post avg views 9.4K people (25% of subs), average reach — room to grow. Publishes 30 posts/week (~4/day) — active. Week Jun 22–28 reach dropped -10.5% to week Jun 15–21 — analyze reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop from rotation.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 127 posts over 29 days.
- 02 Dominant format — Video (79/127 posts).
- 03 Avg post length — 215 chars (median 116).
- 04 Audience peak activity — Saturday, 18:00 MSK.
- 05 Strongest posts get 2x more views than weakest (11.9K avg top vs 6.3K worst) — across 127 posts in 29 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 26.06 · 12:34 PHOTO Guys, my 5th online fitness marathon starts Monday💕 At the marathon: — we give you a workout plan for gym/home — we give...	VIEWS 12 511 REP. 10	REACTIONS 88 ER 32.8%
Nº2 13.06 · 18:31 PHOTO Colleagues, a ration 🍷🍷🍷 Snagged a dress 😊 What about you?	VIEWS 11 821 REP. 2	REACTIONS 373 ER 31.0%
Nº3 12.06 · 19:04 PHOTO Colleagues, I'll make a ration + tortilla with chicken	VIEWS 11 496 REP. 2	REACTIONS 257 ER 30.1%

Nº4 13.06 • 15:15 **VIDEO**
(post without caption – video)

VIEWS
11 373
REP.
4

REACTIONS
264
ER
29.8%

Nº5 13.06 • 06:20 **PHOTO**
Breakfast 🎯🍷🌈🐻🚀

VIEWS
11 342
REP.
6

REACTIONS
315
ER
29.7%

WORST 3

↓ 29.06 • 06:04 **TEXT**
SuperZav KBJU bot ❤️ If you're looking for a well-designed plan for your goals and capabilities, and want to maximize...

VIEWS
7 743
REP.
3

REACTIONS
25
ER
20.3%

↓ 04.07 • 11:55 **VIDEO**
(post without caption – video)

VIEWS
7 564
REP.
4

REACTIONS
227
ER
19.8%

↓ 28.06 • 11:34 **PHOTO**
Guys, my 5th online fitness marathon starts Monday💖 At the marathon: – we give you a workout plan for gym/home – we give...

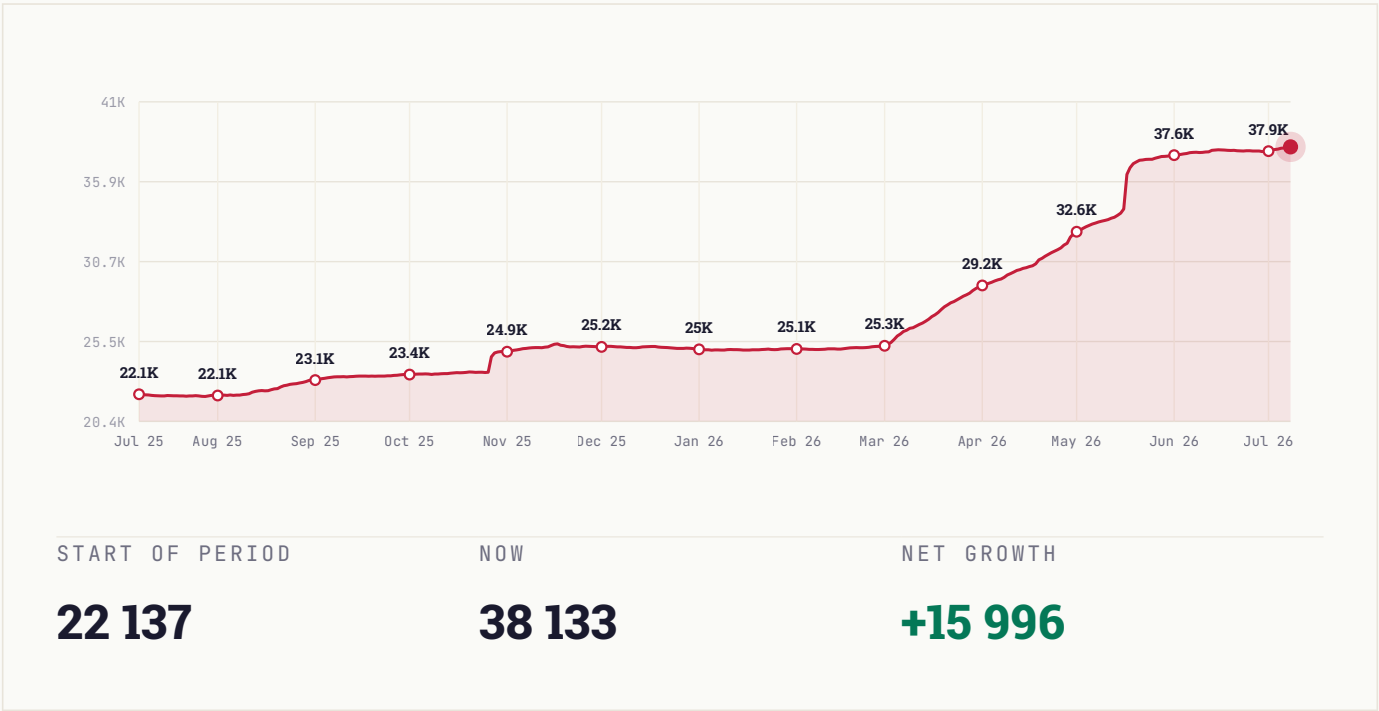
VIEWS
3 543
REP.
2

REACTIONS
64
ER
9.3%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

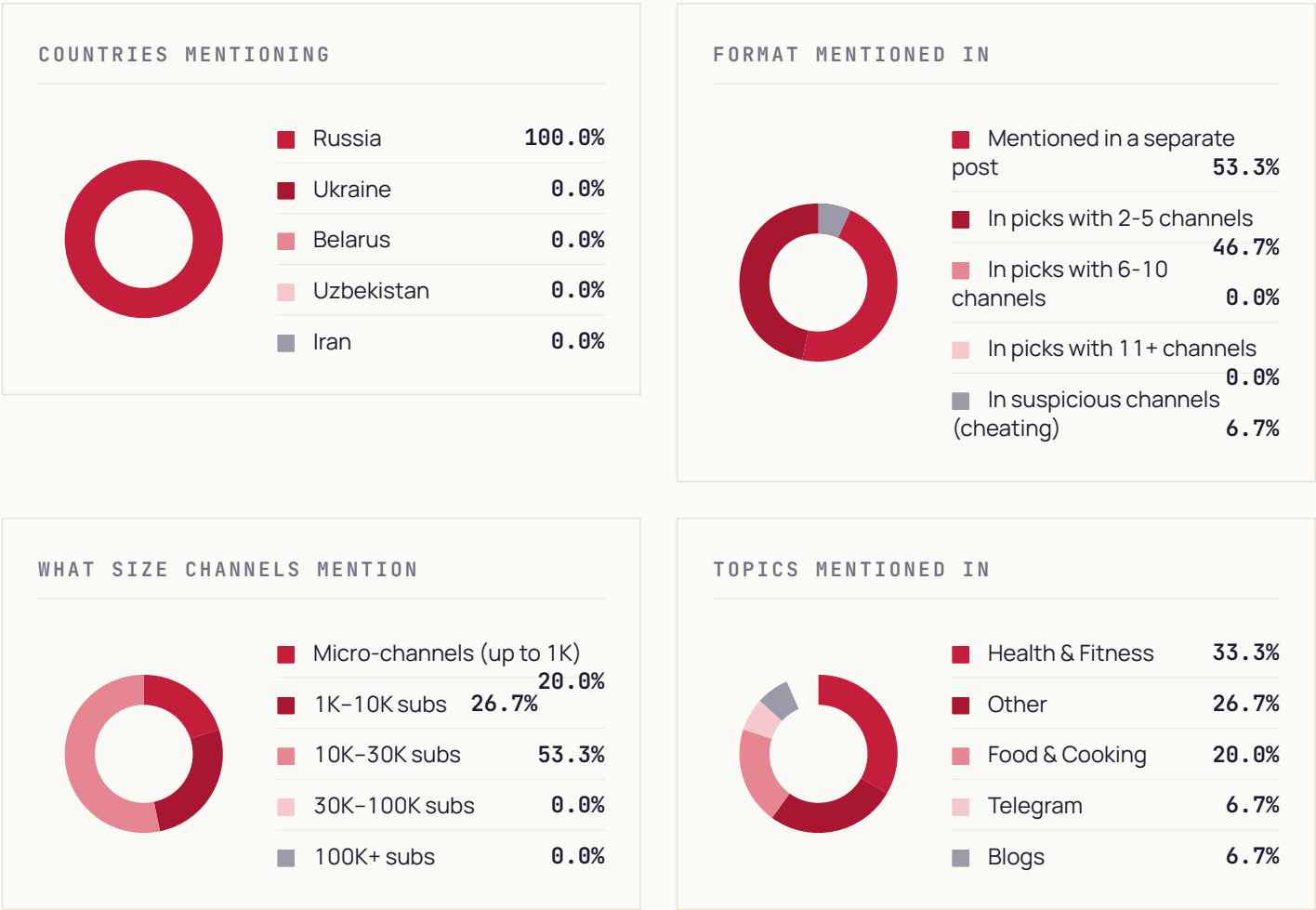
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

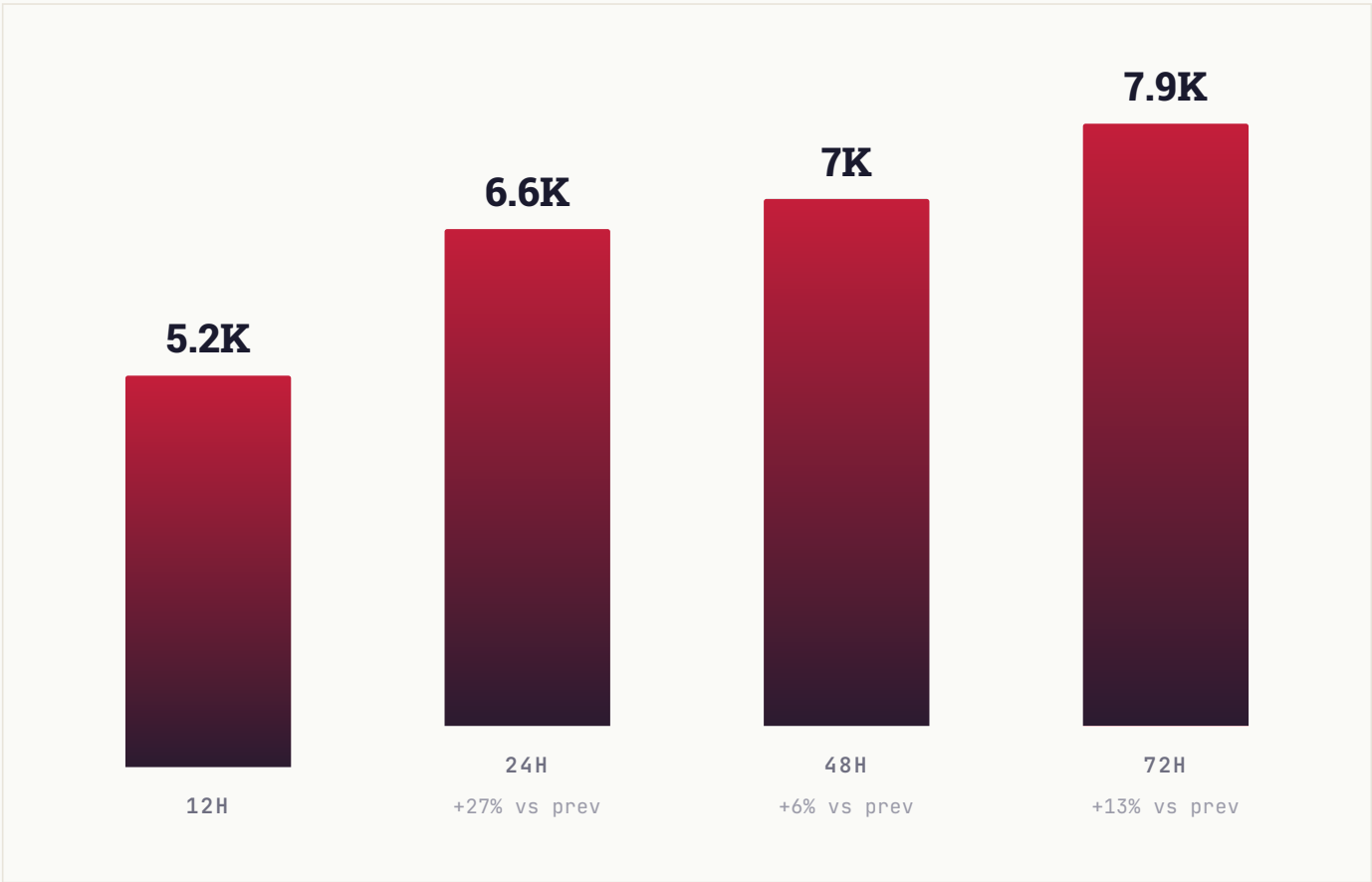
Citation index **3** – channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **20** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long a placement should "live".



SECTION 06 · COMPETITORS

Who you compete with

11 closest channels by topic and audience. Highlighted your channel — shows its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test Purchase	766.3K
BI Biohackers	581.9K
BI Biohacking	532.6K
SL Sport Life	524.2K
VN Eternity in Tibet	493.1K
NT Our Body	480.9K
AU Ales Ulishchenko Osteopath, PhD Face plastic surgery author	477K
BZ Stay Healthy	447.7K
ZE Healthy Food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
NO neSuperZav YOU	38.1K

COMPARATIVE INSIGHT

Channel not yet outside top-97 niche — early growth stage. Niche leader — Test Purchase (766.3K), top-97 median: 154.7K. First goal: enter top-97 through systematic traffic and content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **6**, they brought **3 956** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	0	0	180
December 2025	1	1	146
Nov 2025	1	1	599
Oct 2025	4	3	1 570
September 2025	0	0	414
August 2025	0	0	1 047
TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS	
6	6	3 956	

Where the channel ranks in its league

The figure consists of three horizontal bar charts, each representing a different performance metric. Each chart has a light beige background bar representing the range of other channels, a darker beige bar representing the median, and a red dot representing the channel's performance. The channel's performance is consistently lower than the median in all three metrics.

Metric	Channel Value	Median Value	Comparison
SUBSCRIBERS	38,130	155.2K	75% below median
AVG REACH / POST	9,361	9.1K	better than 50% niche
CITATION INDEX	3	296	99% below median

SUBSCRIBERS 75% below median

median 155.2K

42.7K 38 130 — your channel 496.4K

AVG REACH / POST better than 50% niche

median 9.1K

1.2K 9 361 — your channel 38.4K

CITATION INDEX 99% below median

median 296

0 3 — your channel 2.7K

— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check them off and revisit this report in a month.

01

Main post of the week — on Saturday

Audience is most active on this day at 18:00 MSK.

EFFECT

**Best window
for an
important post**

02

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000
subs**

03

Test polls & interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One weekly poll on a hot topic is an easy growth point.

EFFECT

+5-15% ER

04

Cross-promo with adjacent channels

Swap posts quarterly with same-segment channels.
Not daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

05

Update channel description for Telegram search

Telegram search scans descriptions. Add 3-5 niche keywords — it's a source of organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — is what we can do in a few minutes based on public data. If you want to go further — run ads through us and hit your growth plan in a month.

01 **Launch ads on
Telegram**

<https://panel.promptpress.com/register>

02 **Contact manager**

t.me/PromptPress_manager
